राज्यामध्ये कोविड-१९ या आजाराच्या वाढत्या प्रादुर्भावामुळे या आजाराबाबत आरोग्य सेवा देणारे डॉक्टर, अधिकारी व कर्मचारी यांच्यामध्ये वाढणाऱ्या मानसिक तणावाबाबत मार्गदर्शन करण्यासाठी उपाययोजना करण्याबाबत..

महाराष्ट्र शासन
सार्वजनिक आरोग्य विभाग
शासन परिपत्रक क्रमांकः कोव्हीड-२०२०/प्र.क्र.१३६/आरोग्य ३अ
गो.ते.रुग्णालय संकुल, दहावा मजला, संकुल इमारत
मंत्रालय, मुंबई ४००००१
दिनांक : २१ सप्टेंबर, २०२०

वाचा :-

१) शासन निर्णय क्रमांक .कोविड-२०२०/प्र.क्र.१३६/आरोग्य-३अ दिनांक २४.०४.२०२०

२) संचालक, आरोग्य सेवा, मुंबई यांचे पत्र क्रमांक : संआसे/माआ/ टे-४/मा.द.सूचना/३३३६-३३३७/२०, दिनांक ५/५/२०२०

शासन परिपत्रक:-

उपरोक्त संदर्भाधीन दिनांक २४ एप्रिल, २०२० च्या शासन निर्णयान्वये, राज्यामध्ये कोविड-१९ या आजाराच्या वाढत्या प्रादुर्भावामुळे या आजाराबाबत आरोग्य सेवा देणारे डॉक्टर, अधिकारी व कर्मचारी यांच्यामध्ये वाढणाऱ्या मानसिक तणावाबाबत मार्गदर्शन करण्यासाठी उपाययोजना सूचविण्याकरीता संचालक, आरोग्य सेवा-१, मुंबई यांच्या अध्यक्षतेखाली समिती गठित करण्यात आली होती. सदर समितीने दिनांक ०५.०५.२०२० च्या पत्रान्वये, निम्हांस (NIMHANS) ने दिलेल्या "मेंटल हेल्थ इन द टाईम्स ऑफ कोविड १९ , गाईड लाईन्स फॉर जनरल मेडिकल ॲण्ड स्पेसिलाईज मेंटल हेल्थ केअर सेटींग्ज" या पुस्तिकेमध्ये दिलेल्या मार्गदर्शक सुचनांच्या अनुषंगाने राज्यासाठी मार्गदर्शक सूचनाबाबतचा अहवाल शासनास सादर केला आहे. सदर अहवाल शासनाने स्वीकारला असून त्याअनुषंगाने पुढीलप्रमाणे सूचना देण्यात येत आहेत.

२. राज्यामध्ये कोविड-१९ या आजाराच्या वाढत्या प्रादुर्भावामुळे या आजाराबाबत आरोग्य सेवा देणारे डॉक्टर, अधिकारी व कर्मचारी यांच्यामध्ये वाढणाऱ्या मानसिक तणावाबाबत उपाययोजना करण्याकरीता यासोबतच्या “परिशिष्ट-अ” मध्ये नमूद करण्यात आलेल्या मार्गदर्शक सूचना प्रमाणे कार्यवाही करण्यात यावी. संचालक, आरोग्य सेवा-१ यांनी या सूचना सर्व संबंधितांच्या निदर्शनास आणाव्यात.

३. सदर शासन परिपत्रक महाराष्ट्र शासनाच्या www.maharashtra.gov.in या संकेतस्थळावर उपलब्ध करण्यात आला असून त्याचा संकेताक २०२००३१११७००५१०५१७ असा आहे. हा आदेश डिजीटल स्वाक्षरीने साक्षांकित करुन काढण्यात येत आहे.

महाराष्ट्राचे राज्यपाल यांच्या आदेशानुसार व नावाने.

Pradip M Balkavde

Digitally signed by Pradip M Balkavde
DN: c=IN, o=Government Of Maharashtra, ou=Public Health Department, postalCode=400001, st=Maharashtra, 2.5.4.20=8db6aab31faca2f1a89698a28c94703436c07cda664672d20607766dc59d345b, serialNumber=ed0fa40788bb5c0d7f76b869fa2e5835af215c6a80eae8f70eaf87b0cf68d63f, cn=Pradip M Balkavde
Date: 2020.09.21 17:19:24 +05'30'

(प्र.मो.बलकवडे)
अवर सचिव, महाराष्ट्र शासन.

प्रत,

१. आयुक्त आरोग्य सेवा तथा अभियान संचालक, राष्ट्रीय आरोग्य अभियान, मुंबई.
२. संचालक, आरोग्य सेवा-१, मुंबई.
३. संचालक, आरोग्य सेवा-२,पुणे.
४. उपसंचालक, आरोग्य सेवा (सर्व मंडळे)
५. जिल्हाधिकारी (सर्व)
६. सहसचिव / उपसचिव, सार्वजनिक आरोग्य विभाग, मंत्रालय, मुंबई.
७. निवडनस्ती (आरोग्य-३ अ).

परिशिष्ट-अ

(शासन निर्णय, सार्वजनिक आरोग्य विभाग,क्रमांक- कोव्हीड-२०२०/प्र.क्र.१३६/आरोग्य-३अ, दिनांक - २१ सप्टेंबर ,२०२० सोबतचे विवरणपत्र)

"कोविड-१९ या आजाराच्या वाढत्या प्रादुर्भावामुळे या आजाराबाबत आरोग्य सेवा देणारे डॉक्टर, अधिकारी व कर्मचारी यांच्यामध्ये वाढणाया मानसिक तणावाबाबत उपाययोजना करण्याकरीता आवश्यक सूचना"

1) Training of Trainers (TOT)

In Maharashtra, DMHP is going on and it was decided to train these Teams in various Psychological Issues of different groups. In addition the local private eminent psychiatrist can also help the district mental health team. It was decided to conduct training of DMHP Team on different issues through ZOOM Application or Telemedicine conferencing or Webinars. These units consist of Psychiatrist, Psychiatric Counselor, Psychiatric Nurses, and Psychiatric Social Worker.

The training will be carried out by experts and will involve first-hand training of how to handle the stress ,sleep disorder, tackling problems like common apprehension and fears including those about contracting or transmitting infection, to tackle Migrant workers problem, to tackle community issues, special group issues, de-addiction ,anxiety , panic attacks, how to built rapport with health workers, building confidence in front lime response team, fear about getting and transmitting infection to their families etc..

Table for online trainers' training-

Sr No.	Topic	Speaker
1)	Sensitization of common mental health issues faced by front liners	Dr Sarika Dakshikar
2)	Insomnia in front liners	Dr Sanjay Kumawat
3)	Stress management in front	Dr Shubhangi Parkar

	liners and patients	
4)	NIMHANS Guidelines for COVID-19 for mental health professionals	Dr Abhishek Somani
5)	How to counsel patients with suspected COVID status	Dr Smita Panase

These webinars will also be made freely available online for ready reference.

2) Special Sessions for District Administrative authority

The trainers will be instructed to conduct session at local level after coordinating with respective authorities.

There will be separate sessions for District Administrative authority staff including Administrators in Health Care System, Police Department, Revenue Department, Transport Department, Sanitation workers, these sessions will be carried out from expert at State level in Mumbai as well as locally by Psychiatrist and Psychiatric counselors in their respective districts. All counseling sessions should be carried out as per physical distancing guidelines.

3) Webinars / Video Conference

It was also decided to use platform of Webinars / Video Conference to organize lectures of experts to create awareness.

The scheduled time table of such webinar will be prepared and communicated to concern.

This will be an interactive session and experts from local district are also encouraged to give lectures, talk on this platform.

4) YOGA, Vipasshana and Others

The AYUSH Department will also contribute in training of relaxation through YOGA, Vipasshana etc.

5) Support from NIMHANS Bengaluru

The special Webinar Lectures from Expert in Mental Health Field from NIMHANS Bengaluru will be organized. Time table of Lectures will be communicated to districts separately.

6) IEC material

IEC material prepared by I.E.C. Bureau and Government will be widely circulated among the front liners and the administrative authorities. It should be encouraged that it will be easily accessible and visible to the patients and general population.

7) Use Of different Help lines for Community as well as Frontline Respond Team

Sr.No.	Help line Description	Help line Number
1.	Mental Health Helpline Under DMHP	104
2.	Considering recent pandemic of COVID-19, Government of Maharashtra started helpline number. This number provides guidelines for both COVID-19 patients and Psychiatric Patients.	09513615550.
3.	NGO run helpline number called Sahaya Wani is also available for Psychiatric and COVID 19 counseling	+919930194249

It was decide that all Psychiatrists from DMHP and other experts in the field of psychiatry and psychology in districts will be requested to get enrolled in above helpline number accordingly they will also available to community as well as others for giving expert opinion.
The 104 counseling centers special psychiatrist service will be provided through psychiatrist on specific day at least 2 days in a week for minimum 2 to 3 hours time.

8) Use Of e-sanjivani opd

The central government has provided the esanjivani opd is available between 9.30 AM to 1.30 PM (Monday to Saturday). This is online service through which one can consult a doctor from home. This facility can be utilized for Psychological issues.

9) Aarogya Setu mobile app

Aarogya Setu app for front liners and patient will be encouraged to download and use Aarogya Setu app. This app gives instant replay regarding

health status during covid-19. This app helps in alleviating anxiety and apprehension regarding one's symptom and health status.

10) Guidance for appropriate use of social media / internet frontliners and patients

It was decided to use social media platform like Facebook, Whatsapp, Instagram, Twitter, YouTube to make awareness of psychiatric issues faced by frontline health worker and other frontline service provider to deliver psychiatric treatment in the form of counseling and E-prescription. Motivational stories can be played in the form of video and audio mode on above online platforms. To boost morale of the frontliners, appropriate weblinks can be shared with them along with online training sessions which can be freely accessible. The front liners can access this material freely and flexibly as per their work schedule.

11) Reporting and Feedback

These activities must be reported in prescribed formats issued from DHS (Mental Health Cell). Data reporting will be collected at the state to monitor on all above activities.

Also, all DMHPs must report the mental health promotion activities carried out by them on weekly basis which will include sensitization of front liners regarding mental health issues, counselling and therapies.
